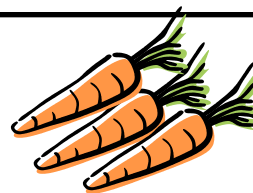


# Peas and Carrots

Winter Edition M12-PY10  
Provided by the Indiana Division of Aging



## December Trivia

**December 1, 1955** - Rosa Parks is arrested in Montgomery, AL, for refusing to give up her seat and move to the back section of a bus.

**December 13, 1818** - Mary Todd, Abraham Lincoln's wife, is born in Lexington, KY.

**December 15, 1823** - Alexandre Eiffel is born. Not only did he design the Eiffel Tower but he also helped design the Statue of Liberty.



Source Cite: <http://www.historyplace.com/specials/calendar/december.htm>

## Mashed Sweet Potatoes with Shallots

### Ingredients

1. 2 Tbsp extra virgin olive oil, divided
2. 3/4 C thinly sliced shallots (about two lg. shallots)
3. 2 tsp brown sugar
4. 2 lb. sweet potatoes, peeled and diced
5. 1 Tbsp finely chopped fresh rosemary
6. 1/2 tsp coarse sea salt
7. 1/4 tsp black pepper
8. 2 tsp extra virgin olive oil, divided



### Instructions

1. Heat 2 tbsp extra virgin olive oil in medium skillet over low heat. Add shallots to pan, and cook for 5 minutes, stirring occasionally.
2. Sprinkle with brown sugar. Cook 20 minutes or until shallots are golden, stirring occasionally.
3. Place potatoes in a medium saucepan; cover with water. Bring to a boil; cook 8 minutes or until tender. Drain.
4. Place potatoes in a large bowl; beat with a mixer at medium speed until smooth. Add rosemary, salt, and pepper; beat until blended. Spoon into a bowl; top with shallots, and drizzle with remaining 2 teaspoons of olive oil.

Source Cite: [http://find.myrecipes.com/recipes/recipefinder.dyn?action=displayRecipe&recipe\\_id=50400000107525](http://find.myrecipes.com/recipes/recipefinder.dyn?action=displayRecipe&recipe_id=50400000107525)

## Chronic Conditions Program Offered in Indiana

- If you or someone you care for has a condition such as diabetes, arthritis, high blood pressure, heart disease or another ongoing health condition, the Living a Healthy Life Workshop can help.
- In this course you will find ways to deal with pain and fatigue, make better food and exercise choices, and talk with your doctor and family about your health.
- To find out more about this workshop, please call; 1-800-986-3505.



**Living a Healthy Life**  
With Chronic Conditions

### December Puzzle

I K S F H F G X E Z S G B S N  
Y I O O P D X O X L P I H A Y  
D O W W N B T P E L R F D M W  
D D F X V E X I J H C T C T C  
O S N N L B G E C K O S H S G  
Y E L T Y H D W V C O G E I O  
Q V S A B S N O I T I D A R T  
G I F E I F H G D P O T C H O  
M G L A B C A K B P V E Q C S  
J L Z Z M M E M O R I E S M P  
S Y L M T I C P H B Z V E O F  
D N C F O D L K S W H K Y U C  
D H G H H Y B Y B V R X A U T  
C N F W Q H Y W M O T E P I F  
U Z S R P D O L W Z O I Z S H

#### Words to Find

CHRISTMAS  
FAMILY  
FOOD  
GIFTS  
MEMORIES  
MISTLETOE  
SLEIGH BELLS  
TRADITIONS  
TV SPECIALS



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Contact the Division of Aging at 1-888-675-0002,  
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